

# TOOTH WEAR

TOOTH WEAR IS THE LOSS OF HEALTHY TOOTH STRUCTURE CAUSING TEETH TO BECOME SHORTER AND THINNER OVER TIME. TOOTH WEAR DECREASES YOUR ABILITY TO CHEW PROPERLY AND NOTICEABLY CHANGES THE WAY YOU LOOK.

## FREQUENTLY ASKED QUESTIONS

### 1. What causes a tooth wear?

Excessive tooth wear is not normal. The most common causes of tooth wear are:

A. Acid Erosion which appears as grooving or dishing of the biting surface of your teeth. The risk factors for Acid Erosion are:

- Chronic Dry Mouth
- Chronic Vomiting
- Gastrointestinal Reflux Disorder or "GERD"
- Diet – sports drinks, soft drinks, candies, citrus fruits
- Environment – certain acidic work places, swimming pools

B. Bite Wear which appears as shortening or thinning of your teeth. The risk factors for Bite Wear are:

- An Unbalanced Bite – you should never rub or squeeze your teeth together; your teeth should contact evenly on each side when you swallow.
- Grinding Your Teeth
- An Overly Abrasive Diet

C. Tooth Cleaning Abrasion appears which appears as notching near the gum line of your teeth. The risk factors for Tooth Cleaning Abrasion are::

- Abrasive Dental Home Care aids such as some toothpastes and toothbrushes
- Using too much pressure on your toothbrush or toothpicks when cleaning your teeth

### 2. What can I do to minimize my risk of future tooth wear?

The first step in addressing tooth wear is to have your dentist evaluate your individual risk factors and customize an appropriate Management Protocol for you.

Your Management may include:

- Diagnosing and managing chronic dry mouth
- Diagnosing and treating conditions related to chronic vomiting
- Diagnosing and treating GERD
- Customized dietary counselling
- Diagnosing and treating an unbalanced bite
- Making a guard to protect your teeth from grinding
- Customized dietary counselling
- Mineral applications to your teeth such as fluoride to harden the notched surfaces
- Customized home dental care instruction

Management Protocols for Acid Erosion, Bite Wear and Tooth Cleaning Abrasion all have important steps that you must carry out on your own to decrease your risk of future tooth wear. The parts of your tooth affected by tooth wear may need to be built back up into ideal tooth form. An appropriate dental restoration will address functional and aesthetic concerns as well as decrease the risk of future tooth wear by protecting the affected area.



Erosion from acid reflux



Chronic vomiting



Wear from grinding